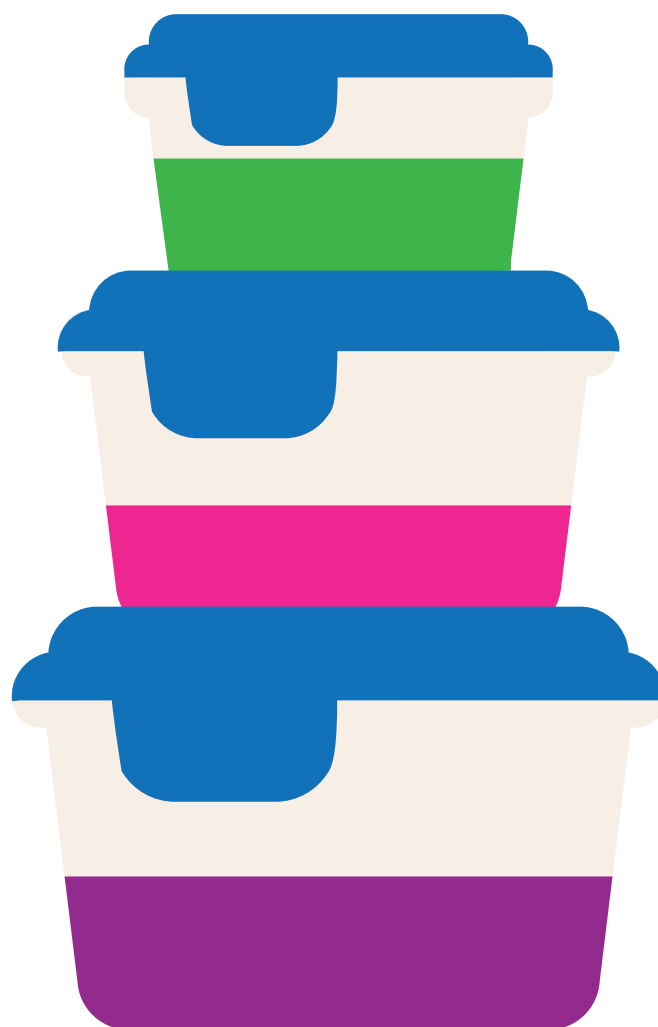


UNWASTING TIP #1

LOVE THOSE LABELS

Dating and labelling food means you'll avoid playing "What's this?" whenever you open the fridge or freezer. Having a trusty texta and some masking tape or labels within reach of the fridge is one of the easiest ways to unwaste!

For more easy ways to unwaste visit TheGreatUnwaste.com.au.



UNWASTING TIP #2

PLAN FOR CHANGES IN PLANS

It's rare for the whole week to go exactly as planned. Instead of locking in three meals a day, seven days a week, plan flexibly and leave the odd meal empty. Plug in the gaps with a few leftover nights or a takeaway.

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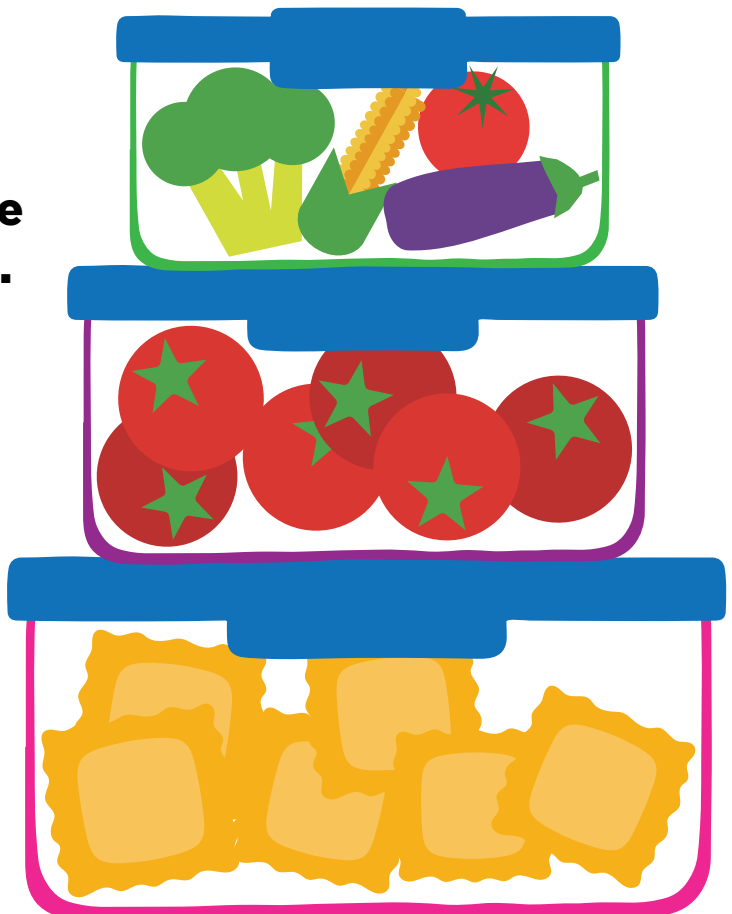


UNWASTING TIP #3

JOIN THE LEFTOVERS REVOLUTION

Storing your leftovers well
helps them last longer.
Portion them out so they're
easy to grab from the fridge -
or freeze them and only
defrost what you need.

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visit TheGreatUnwaste.com.au.**



UNWASTING TIP #4

A QUICK CHECK TO SHARPEN YOUR LIST

Before heading to the shops, take a quick look in your fridge, freezer, and pantry. Check your supplies and only pop things on the list you'll need for upcoming meals, so you can use up what you've already got.

**For more easy ways to un waste
visit TheGreatUnwaste.com.au.**



UNWASTING TIP #5

FIRST-IN-FIRST-OUT

This is the oldest trick in the Great Unwasting book. Practice FIFO in your fridge and pantry. Identify those older items at risk of being wasted and build them into your meal plan.

For more easy ways to unwaste visit TheGreatUnwaste.com.au.



UNWASTING TIP #6

DO A HUNGER CHECK

Do a quick hunger check with your nearest and dearest before cooking to avoid your beautifully made meals going to waste.

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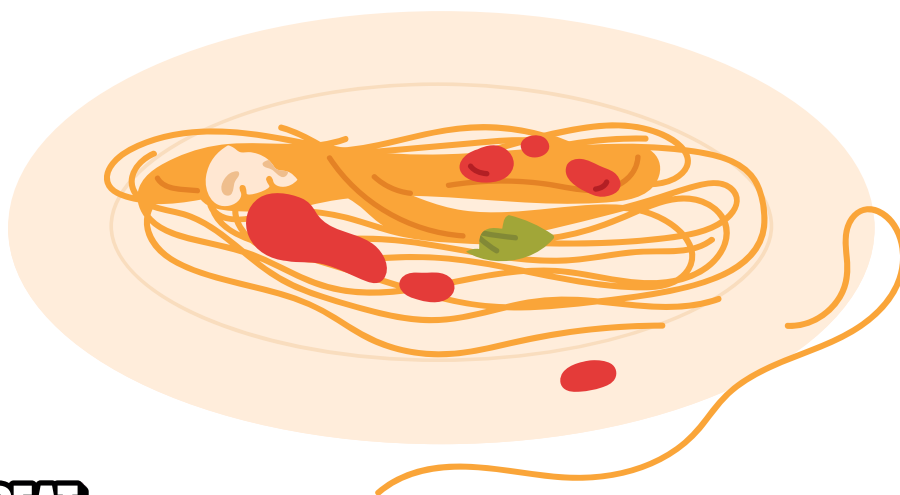


UNWASTING TIP #7

SAVE ROOM FOR SECONDS

Serve a little less than you think you'll eat, and keep the rest in the pan. If you're still hungry, you can always go back for more.

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LET'S TURN FOOD WASTE AROUND

BY FLEXIBLE MEAL PLANNING

For more easy ways to unwaste
visit TheGreatUnwaste.com.au.





**LET'S TURN
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AROUND**

**BY STICKING TO
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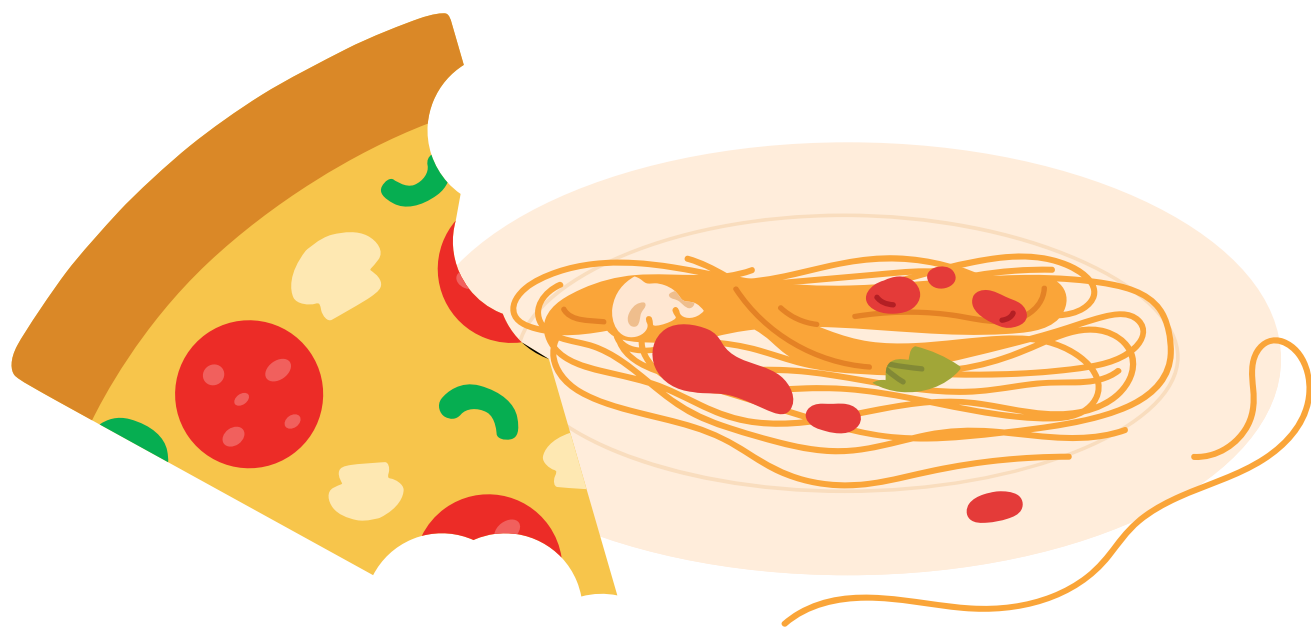


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